

Useful Hints

Woman and Home

Ethical Talks

Making Women Manly

Quality Is Being Forced, Whether Wanted or Not

By Ada Patterson.

And now they are asking women to be manly.

A brilliant New York woman, addressing Vassar College students, said: "I would have women manly. I would have them learn the art of self-defense."

As though any married woman needed to learn that! At about the same time she was making this utterance a prominent suffragist returned from a visit to Europe, saying: "Women should learn all the occupations of men. They should be trained in them so that in time of war the industrial life of the country will continue."

So, whether we want it or not, they are forcing the quality upon us. At all events, if we adopt manliness, let us choose its better side. Not the smoking, drinking, flint-in-business, opposite-sex-pursuing side, but the admirable side. Let us emulate the clear vision and sane judgment that, after courage and the disputed chivalry toward women, a man's finer than woman's chivalry toward children are the best traits of their sex.

Man Weighs His Words.

I admit that I am disposed to envy the penetration with which a woman's mind sees through muddy waters to the bottom of things. At any rate, the keen eyes of his mind determine quickly the channel. I distrust the vision of a woman other than as well equipped as he. She is apt to magnify the thing nearest her, or swing to the other extreme of looking too far away from the present, of her being, in a word, visionary. But the tendency is not hopeless. Oculists tell us that the eyes should be trained to look long distances. They say the eyes of city dwellers are apt to become short-sighted because they have the habit of fixing themselves upon objects that are near. Oculists advise urbanites to look for concentrated infinites at the farthest object within their sight. There is a hint in that that the eyes of the city dwellers are apt to become short-sighted because they have the habit of fixing themselves upon objects that are near.

Women can learn from men the weight of words. A woman is careless about words. A man is careful in his use of them. He knows their actual weight in the affairs of life. When he is asked what he thinks about George Jones he pauses to reflect. If the words are too heavy they may cause a suit for slander. If they are too light some one may say he is holding him too lightly, and Jones may call him to account. Therefore, the average man weighs his words in the balance, weighs them to a nicety. A woman tosses them off as though they were of no importance. A man of sixty told me he had never known but one woman who stopped to think before she spoke.

Women Jump at Conclusions.

A man knows better than we do the dangers of mood. Yes, undignified shivers. I know what you are thinking: what you will doubtless say, that men are more choleric than women. I am not to be misled by that. Out of my experience with them I have learned the snarly sex, and I have never apologized for the term. But men, knowing the dangers of mood, confine their ill temper to the most part to their families, who cannot defend themselves. But they try to spare their business associates and the persons of their casual meeting of such moods. They do this because experience tells them that moods have consequences. They are like kicking guns.

Men arrive slowly at conclusions. Women are apt to jump at them. It is with many women a favorite exercise. The conclusion they reach is often a mistaken one, from which they have to make a rapid and undignified retreat.

Men can help us acquire the habit of proportion. Most of the sins and sorrows of life result from seeing things out of proportion. The sinner and she who sorrows place due emphasis upon what is more or less important. Happiness is seeing things in their right relations.

Keep Figure Supple

By Antoinette Donnelly.

The first thing in the morning upon arising is the best time to go through these exercises. You can go through them at night time also with advantage, only the morning is the best time, for then you are feeling fit and fresh after a good night's rest, while at night you are usually tired as the result of your exertions during the day.

You can do the exercises in your dressing gown and without shoes. Don't on any account wear corsets, or you will do yourself more harm than good.

First of all take a good breathing exercise. To do this stand erect, shoulders well back, arms at the side, head raised, heels close together, and then slowly inhale and exhale a deep breath through the nostrils while rising on the tips of your toes. Exhale while bringing the heels to the ground once more. Repeat at least four times.

Keeping the position described for the breathing exercise, raise both arms slowly above the head, then bend slowly forward without bending the knees, until the fingers touch the floor. Go through the reverse of this exercise by taking in your position near a wall, standing with your back to it, then raise your arms above your head and bend back slowly until your finger tips touch the wall behind you. This exercise is splendid for strengthening the muscles of the neck and preventing the formation of that ugly little ridge of fat which is apt to form between the shoulders of those inclined to be too plump.

Lie flat down on your back on the floor with arms straight out and behind your head and feet close together. Then raise the left leg slowly as high as it will go. Lower again gently to the floor and raise each leg alternately three or four times. Then try raising and lowering both legs at the same time. I have told you about this particular exercise before in this column, readers, because it is one of the best exercises for the figure, and for the health, too, especially if you suffer from torpid liver, constipation or digestive troubles.

Antoinette Donnelly's Answers.

Edna—If there is any possible way of saving your teeth by having them filled I should not think of having them extracted if I were you. A good dentist will tell you frankly whether they can be saved or not, and will not doubt give an estimate on the work. Your extreme nervousness may be caused from suffering with toothache.

Minnie—This is a simple exercise for reducing fat legs: stand up straight

and kick out with each foot in turn, bending the knee so as to draw the heel of the foot back as far as it will go. Repeat the exercise from fifteen to twenty times a day. I shall be glad to send you my dietary for reducing flesh if you will send me a stamped, addressed envelope.

Katherine—I am sorry, but I have no formulas for face powder; neither can I recommend any, as it is against the rules to recommend proprietary articles. A good grade of rice powder is best for use on the face. There are many good grades on the market which can be procured at any drug or department store.

Clara—When hair is removed by the electric needle it is not supposed to return again or leave any ill effects. Wouldn't your family physician or some of your friends be able to recommend some reputable electrolysis? It is against the rules of this department to give out any names and addresses.

Lucile—If your hair is excessively oily, a hair tonic can be applied to counteract the oiliness. I am publishing my formula for oily hair for you, so it will not be necessary for you to wash your heavy head of hair every week; carbonate of ammonia, twenty grains; tincture of cantharides, one dram; alcohol, one-half ounce, and of bay rum sufficient quantity to make four ounces. Mix well and apply at night, rubbing thoroughly into the scalp while massaging it. Do this for two weeks, then wash your hair with the following shampoo and repeat until the desired results are obtained: green soap, two ounces; alcohol, one ounce. Mix well and make shampoo. One ounce of the green soap mixture and water diluted with twice as much water and applied to the scalp with the tips of the fingers. Add sufficient water to make a lather. Rub this well into the scalp with an old tooth brush. Rinse thoroughly, so that all of the soap is taken out.

The Depth of a Cough

By William Brady M. D.

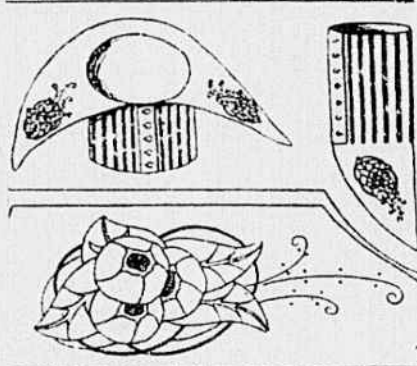
If the mere violence of a cough were any criterion the purely nervous cough would be the most alarming of all, and a severe pneumonia cough would scarcely deserve any attention at all.

A great many people come complaining of a "cold on the chest"—whatever that may mean. They feel a "tearing and a pulling at their very vitals" every time they cough. And, locating the lesion by the symptom, as is the case with popular diagnosis, they conclude that there must be something the matter with their lungs or bronchial tubes.

It is a matter of fact about nineteen out of twenty cases of "cold on the chest" coming to the doctor for relief are either troubles of the larynx or something higher up, and not in the throat at all. A simple irritation in the roof of the throat (the pharynx) will cause a cough that seems to come from way down in the very base of the chest, and a mild attack of tonsillitis will be mistaken by the most frequent and eminent.

Collar and Cuff Set

Pretty Embroidery Motif



Collars are high, but those of really exceptional style are not tight. They arrive at the top of the ears, but spread away from the neck, and are only slightly distorted appearance, there is no discomfort. A strip of blue and white striped linen six inches wide and one-half yard long and a piece of white linen, with two sleeves of blue and white embroidery cotton, will make a very new and fetching collar. Above is shown the embroidery motif—and the completed collar and cuff.

LADY, BLINDED BUT CONSCIOUS

Said She Would Turn Blind and Fall When Nervous Spells Came On, Yet Remained Conscious

Odesa, Fla.—"About 2 years ago," writes Mrs. J. D. Powell, of this place, "I took several bottles of Cardui as a tonic, for I was run down in health. In fact I could hardly do anything at all, could only drag around and couldn't do my work. Life was miserable to me, and I knew I must have some relief, as I was so very weak. I would suffer with aching pains in my right side, back and shoulders. I would have such terrible nervous spells, which would come on me, and I'd fall down wherever I was standing. I would turn blind, as though I had fainted, yet kept my consciousness. My friends would rub me, and circulation was extremely poor, and the arms, hands and limbs would be cold."

My friends recommended that I try Cardui. I began using it, and soon both saw and felt a great improvement. My appetite became good. I ate so my husband teased me about it. I could rest well at night, and got so I could do all my housework in a short time. I praise Cardui to all my friends. If you suffer from any form of womanly weakness or irregularity, try Cardui, the woman's tonic. For sale by all druggists.

Very Latest Thing

Velvet Coat for Little Ones



Children's clothes depend almost entirely upon cut for smartness and charm. Good taste demands that trimming be reduced to a minimum. For top coats, velveteen-faced materials, which come in all the new soft shades, are worn. Velvets and velveteens, also eudoray, are preferable for the richness of quality, especially when fur is to be used as trimming. The very charming little coat of velvet, illustrated, has a double collar, greatly adding to its warmth in the cold wintry weather, and is trimmed with white mink fur.

phatic, if not elephantine cough you ever heard.

Somebody is always asking us to prescribe for coughs, in spite of our rules and regulations, and notwithstanding the fact that a cough is only a symptom which comes from one cause in one case and from a very different cause in another.

However, in order to appease the demand and save the country, we here present what we believe to be the most efficient all-round cough medicine for domestic use.

This is the formula: citrate of soda, one ounce; powdered licorice, one-half ounce; flaxseed meal, two ounces; glycerin, four ounces; chloroform, one-eighth ounce; water enough to make one quart.

First boil the flaxseed in the water, gradually stirring it in. After half an hour let it cool, then add the licorice, the glycerin and the chloroform. Shake the mixture thoroughly several times in the course of the day. The following day, strain through fine muslin and keep tightly corked. The dose is a teaspoonful every hour or two for a child over three years; for an adult a tablespoonful every hour or two.

By the way, this cough medicine never cures. It only helps to soothe and relieve irritation.

Questions and Answers.

Save the Castor Oil—Is castor oil a safe remedy for constipation in a three-months old baby? If not, what would you suggest?

Answer—No, never give a baby castor oil without a doctor's advice. It establishes a constipated habit, being famous for its after-binding influence—and useful in cases of diarrhoea for that reason. The diet should correct the constipation. A letter of advice about feeding babies will be mailed you on receipt of a stamped, addressed envelope.

Light Knitted Wool—Please state what kind of underwear is best for a clerk in a store in the winter time.

Answer—Light knitted all-wool, with woolen socks.

J.B. Mosby & Co.

A Great Variety of Silk

and Lace

Waists

\$3.98, \$5, \$5.98,

\$7.98, and \$10

Scarcely any two alike in any lot. Mostly in fancy blouse effects, with all the distinctiveness of style and nicety of finish characteristic of "Mosby-made" garments.

The \$3.98 Lot

includes Georgette Crepe and Pussy Willow Taffeta Waists in flesh, white, black and maize; convertible collar; tucked, embroidered and plaited; many styles.

At \$5.00

Charmeuse, Soiree and combinations of Radium Lace and Georgette Crepe in rose, banana, China blue, plum, white and orchid; convertible collar; some buttoned at side of front and trimmed with large buttons.

Waists at \$5.98

of chiffon, lace, crepe de chine and Georgette crepe, in pink, flesh, mais, navy, green, brown and China blue; all fancy blouse effects and very charming.

At \$7.08

Handsome Waists of Pussy Willow taffeta, in maize, old rose, China blue and white—each a distinctive style.

The \$10.00 Lot

consists of Lace, Georgette, Crepe and Lace combinations, Marquisette and Chiffon Waists, in white, navy, plum, green, black and brown. Some of the Georgette Crepes are trimmed with fur; the Chiffons have lace vests.

WANTS PELLAGRA WARD

Superintendent of Eastern State Hospital at Williamsburg Asks for New Building.

A separate building, to be used as an infirmary for pellagra patients, is recommended by Dr. George W. Brown, superintendent of the Eastern State Hospital, in his annual report, submitted to Governor Stuart yesterday.

"A majority of the patients," says Dr. Brown, "have a fearful dread of this disease, and it has a depressing effect on them when housed with this class of patients. A building to accommodate thirty patients would answer our needs for the next two years. This building, with dining-room and nurses' room, would cost about \$3,000."

The report shows that at the beginning of the fiscal year, October 1, 1914, there were 751 patients in the hospital and 140 on parole. There were admitted during the year 306. The total number of patients discharged was 130. During the year 131 died and 141 were paroled, leaving 948 on the register, an increase of sixty-seven patients for the year.

Deaths from old age were more numerous than from any other cause. Pellagra ranks next and parosis and tuberculosis ranging in the order named. The hospital was free from epidemics and there was no case of suicide during the year.



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Haase Prices Are No Higher.

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TO MAKE DANDRUFF QUICKLY VANISH

Try This Simple, Inexpensive Home Treatment

No one likes dandruff, but to get rid of it you must do more than wash your hair. The cause of dandruff lies not in the hair, but on the scalp and in the hair roots, and just as twice daily you use a germicidal tooth powder or cream to cleanse your teeth of germs, so you should use Parisian Sage twice daily to drive dandruff from your scalp, prevent its return, protect your hair from falling out and nourish its proper growth. Dandruff makes your hair fall out. Parisian Sage makes Dandruff fall out and your hair stay in.

A delightfully perfumed hair and scalp treatment easily applied at home, very inexpensive and obtainable from Tragle Drug Company or at any drug or toilet counter.

PARISIAN SAGE FOR HAIR AND SCALP

John L. Ratcliffe

209 W. Broad St.

Florist

Corsages — violets, orchids, lillies of the valley, elgar and sweetheart roses.

Ran. 3771-1786

Sending Thanksgiving from the Farm to the City Table

Let Thanksgiving Day be an old fashioned one, with cranberries and turkey and fish and fruits and vegetables and all those things you liked when you were back home. Everything which goes to make up this menu of magic memory is to be found along the line of the

SOUTHERN EXPRESS COMPANY

Our Market Bureau Bulletin—Free from our Agent in your city—will locate them for you, and our quick service, with its low rates and prompt handling, will deliver them to your door.

SOUTHERN EXPRESS COMPANY

"Serve the Public"



CRISCO For Frying-For Shortening For Cake Making

is the rich, solid cream of the oil

Crisco is an entirely different cooking fat. You never have used anything like Crisco for frying, for shortening or for cake making because the Crisco Process of treating vegetable oil is new. And only this process can make the Crisco, or cream, from the oil.

Cream represents the richest, or best, of the milk. Crisco represents the richest, yet most digestible form of food oil.

Crisco is different also in this respect: It remains sweet and pure indefinitely. For the parts of the oil which turn rancid are eliminated by the Crisco Process.

Do not confuse Crisco, therefore, with other cooking fats. Crisco possesses advantages which none other has.

None is of the high quality of Crisco; no more than milk is of the quality of cream.

Try Crisco yourself, for frying, for hot biscuits and for cake. You will be delighted with it. You will see in an instant why it is so different. And you then will insist that your cook use Crisco.

Elegant Wedding Gifts

This old established house is HEADQUARTERS FOR WEDDING GIFTS, and they are receiving daily many new and exclusive designs and patterns of beautiful Sterling Silver, at prices more reasonable than ever before.

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LEADING JEWELERS, 921 East Main Street.

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AMERICAN BREAD AND BAKING COMPANY'S JITNEY BUNS

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Contest Closes 6 P. M. Nov. 18, 1915



THIS QUEENLY INSTRUMENT MAY BE YOURS—WITHOUT COST

Give Us a Reason—A Good One—One That Is Unique and Original—Why "It's Better to Deal With Crafts Than to Wish You Had"

And We Will Award You a Prize of Value for Your Effort. To the person sending in the most original and unique answer we will give, absolutely free, a brand-new 1915 model Upright Piano. To the next best answer we will give a Lady's Diamond Ring. To the third best answer we will give a Lady's or Gentleman's Gold Watch. To all others who answer this advertisement will give, absolutely free, a bottle of our famous CRAFTS ROYAL PIANO POLISH. In case of a tie, prizes of equal value will be given.

Only one person in a family can enter this contest. Prizes must be called for within thirty days from date notified. Bring or send your answer to 218 North Second Street. All answers must be in our hands not later than 6 P. M. November 18, 1915. Contest closes 6 P. M. November 18, 1915.

The Reason for This Announcement

During the many years we have been in business we have extensively advertised that "IT'S BETTER TO DEAL WITH CRAFTS THAN TO WISH YOU HAD". We have spent thousands of dollars to advertise this fact—to convince the musical people that "IT'S BETTER TO DEAL WITH CRAFTS". Now we want a few original answers which are unique. We want to learn from you of the best reason, and for the most original and unique answer we will give a 1915 model Upright Piano.

OR THIS DIAMOND RING

OR THIS GENTLEMAN'S WATCH

OR THIS LADY'S WATCH

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